

1. A therapeutic pillow combination, comprising:
 - a first pillow insert;
 - a second pillow insert;

5 a first pillow case having a two ends, wherein a first end is shaped to removably receive and retain said first pillow insert through a first closable end portion and a second end is shaped to removably receive and retain said second pillow insert through a second closable end portion, wherein said ends are connected by a gathered and seamed portion forming a handle therebetween, and wherein said first and second pillow inserts can be

10 aligned in a collinear manner at 180 degrees when so retained in said ends and articulated to a side by side parallel position;

a third pillow insert; and

a second pillow case having a strap portion connected to a first end and having a hook and loop fastener which is removably connected about said gathered handle portion,

15 and said second pillow case removably receives said third pillow insert through a third closable end portion.
2. A therapeutic pillow combination as recited in claim 1, wherein each said pillow insert is elongated having a rounded side portion.
3. A therapeutic pillow combination as recited in claim 1, wherein said closable end portions are configured with overlapping end portions having complementary hook and loop fasteners to permit insertion and retention of each said pillow insert therein.
4. A therapeutic pillow combination as recited in claim 1, wherein said combination forms a T-shape with said first and second pillow inserts lying generally collinear and

wherein said first pillow insert serves as an arm support for a person lying on one's side, said second pillow insert serves as a support between legs of such person and said third pillow insert is generally perpendicular to and between said first and second pillow inserts and serves as a support under a waist lumbar area of such person.

- 5 5. A therapeutic pillow combination as recited in claim 1, wherein said pillow inserts are connected in a side by side parallel form with said handle forming a connecting point to maintain said pillow inserts in stacked relation having a generally triangular side profile which can serve as a back support for a person.
6. A therapeutic pillow combination as recited in claim 5, wherein said therapeutic pillow combination provides an aesthetically pleasing pillow arrangement.
- 10 7. A therapeutic pillow combination as recited in claim 5, wherein said pillow case ends are interconnected to aid in maintaining said staked relation.